



User Guide

October 2014

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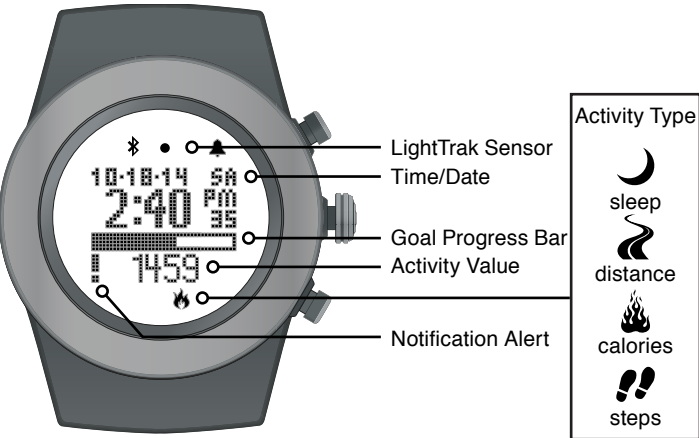
Getting Started

First remove the sticker from the screen.

To turn on your life tracker, press and hold any button.

You are now ready to enjoy your LifeTrak life tracker. Here's to a healthier you!

Display Layout (Home Screen)



Button Layout

NOTE: The buttons are not intended for use under water.

Weekly Workout

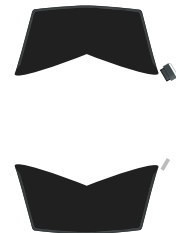
NOTE: If there is no activity in a particular mode for 60 seconds, the screen will return to Time.

Goal Setup

Time Setup

Advanced Setup

Advanced setup uses your personal information for the distance and calorie burn calculations, allowing you to get more out of your life tracker.



Bluetooth® Connection

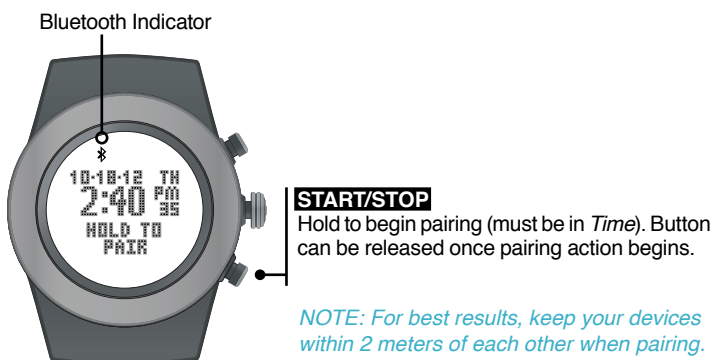
Transfer data between your life tracker and Bluetooth Smart Ready devices. Even get notified of phone calls, emails and messages right on your tracker.

Before you can transfer data, you must install our LifeTrak app on your Bluetooth Smart Ready device. You will also have the ability to set up your tracker (e.g., set user info and goals) through the app.

Visit www.lifetrakusa.com/app or your app store.

Bluetooth Smart Ready Device Setup

Once the LifeTrak app is installed, make sure Bluetooth on your device is turned on and then open the app. Tap on "Connect a New Watch." Locate your LifeTrak life tracker and tap on "Connect to Device." The device will now attempt to pair.



Next step: set up your life tracker.

Now that your device is attempting to pair, we need your life tracker to do the same.

While in *Time*, press and hold **START/STOP** until it activates a signal animation on the screen. Your tracker will now attempt to pair with your device.

Syncing Data

Once the life tracker and your device are paired, you can now sync fitness data and notifications.

While notifications will sync automatically whenever one comes through, syncing your fitness data is done manually with a simple one-step process each time you wish to transfer the data.

To transfer your fitness data from life tracker to device, simply open your app and click on the reload button at the top-right corner.

Bluetooth Indicator Status

Solid: Bluetooth is on and linked to a device

Flashing: Bluetooth is trying to establish a connection

No icon: Bluetooth is inactive or off

See the *Bluetooth Indicator Status* on this page for detailed information.

Notifications

You will be able to receive notifications like phone calls, emails and messages right on your life tracker.

You must pair your tracker with our LifeTrak app to receive notifications. Visit www.lifetrakusa.com/app or your app store to download.

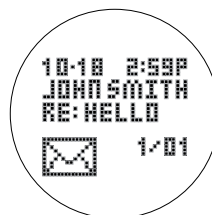
Once paired, calls and messages from your Bluetooth Smart Ready device will automatically be sent to your tracker.

Notifications mode

Displayed if there are no messages on your tracker



Example of an email notification on your tracker

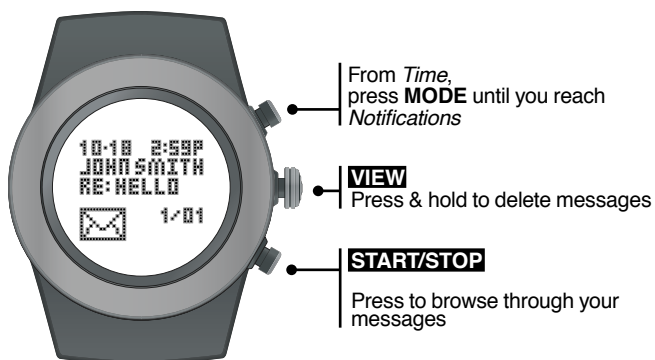


NOTE: Bluetooth on your device must be turned on to receive notifications.

Symbols

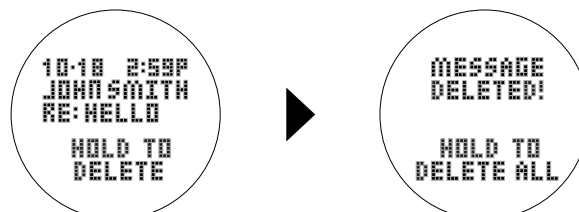
Symbol	Notification Type	Symbol	Notification Type
	Generic/Social Alert		SMS/MMS Message
	High Priority Alert		Instant Message
	Incoming Call		Calendar/Planner Alert
	Missed Call		News Feed
	Email		

Up to 20 notifications can be stored on your life tracker. Select which types of notifications you want sent to your tracker through the LifeTrak app settings.



Delete notifications

You can delete a single message or all messages depending on how long you hold **VIEW**.

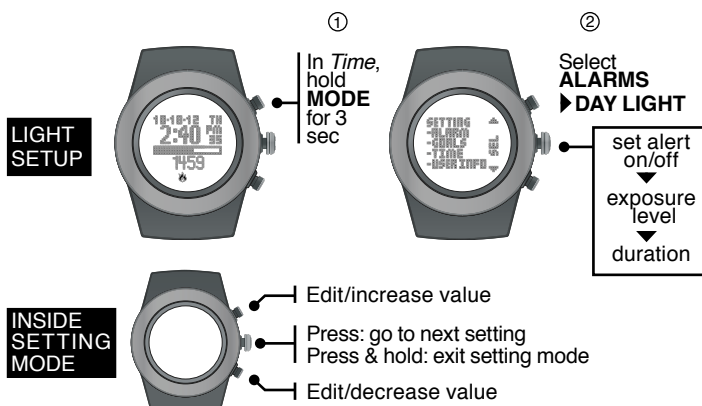


The initial press and hold of **VIEW** will delete the current message.

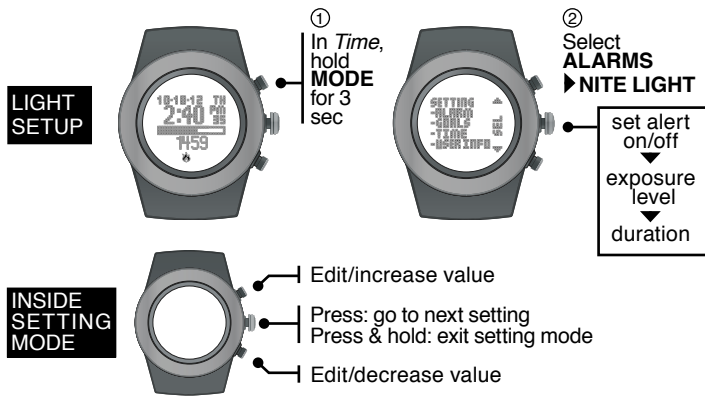
Once the current message is deleted, you can continue to hold **VIEW** to delete all messages.

LightTrak™

Will suggest during the day if you should get more light.



Will suggest prior to bedtime if you should reduce light exposure.

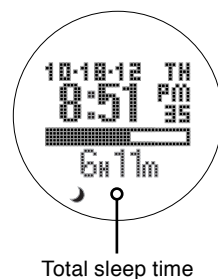
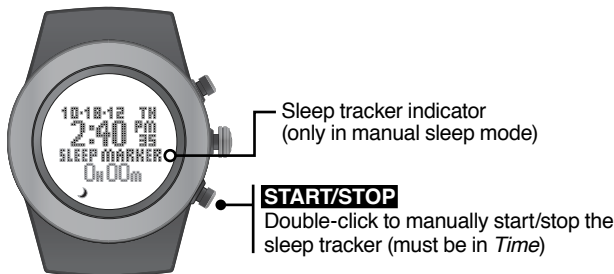


SleepTrak 2.0

The sleep tracker monitors the duration and quality of sleep based on motion, arm posture and ambient light. It automatically detects the beginning and end of your sleep session.

For full control, you can also manually operate the feature by double-clicking **START/STOP** while in *Time*.

Sleep data collection



SleepTrak 2.0 is smart enough to distinguish if the device is on or off your wrist. Sleep tracking is disabled when the device is not on your wrist.

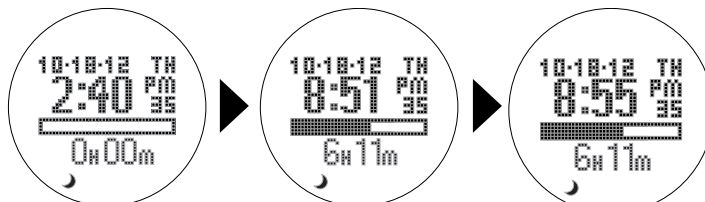
Total sleep time is accumulated during all sleep sessions that *end* on a particular day. For example, if you fell asleep last night and woke up this morning, your sleep duration will be added to today's total sleep time.

However, if you fell asleep last night at 10:00 p.m. and woke up at 11:00 p.m., that hour of sleep would be added to *yesterday's* total sleep time.

NOTE: Once you wake up, the total sleep time will update after a brief period.

NOTE: Minimum sleep time for recorded data is 10 minutes.

Sleep tracking sequence

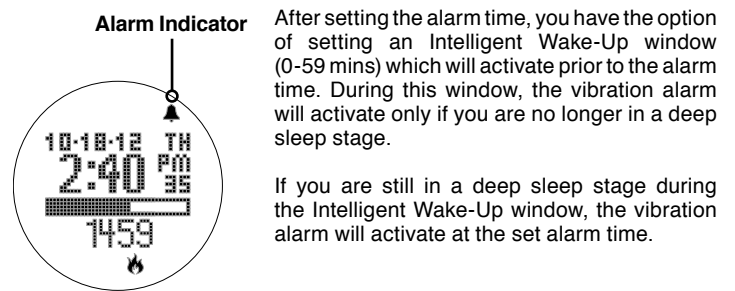


NOTE: In manual sleep mode, "SLEEP MARKER" will appear on the screen.

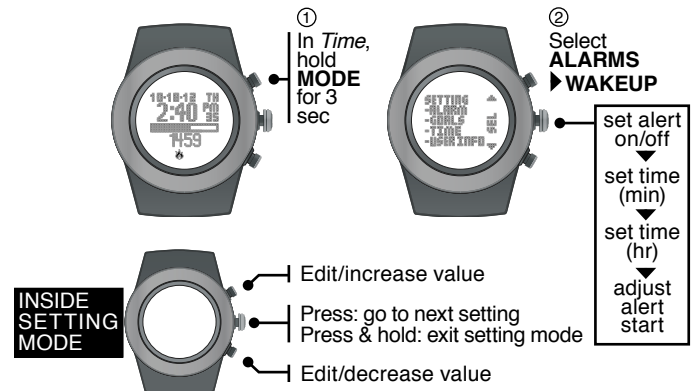
Intelligent Wake-Up

Your life tracker includes Intelligent Wake-Up and a gentle vibrating alarm. This alarm can be set to wake you at your optimal time.

The Intelligent Wake-Up feature can be adjusted in the Alarm setup (under the "Adjust Alert Start" setting; see p.19).



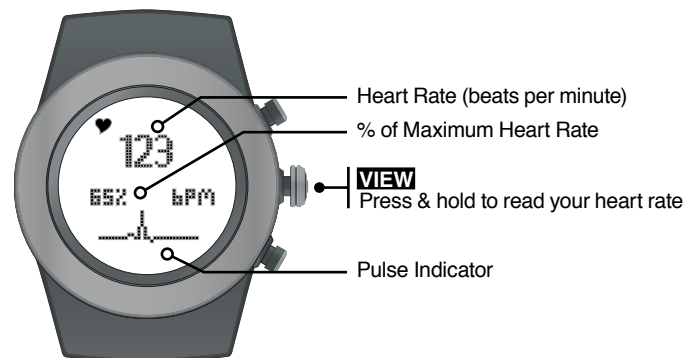
Intelligent Wake-Up Setup



Heart Rate

Taking your heart rate will help you stay in your workout zones and help calculate your **calorie burn more accurately**.

1. Wear snugly around your wrist.
2. Gently press and hold **VIEW** for 3 to 8 seconds until your heart rate appears.



Helpful Hints

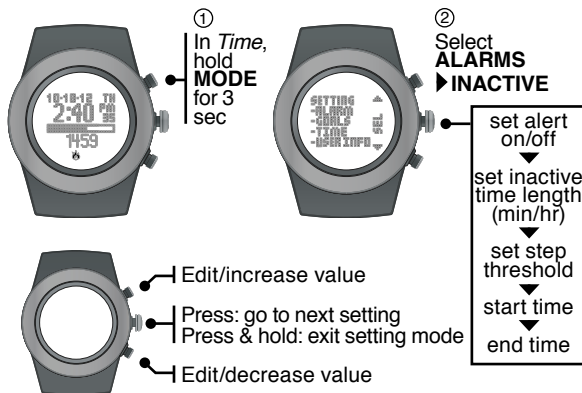
If you are having difficulty acquiring your heart rate, try the following:

1. Make sure your life tracker is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate.
2. Upon putting on for the first time, allow a one-minute "warm up" before trying to acquire your heart rate.
3. When touching the heart sensor button (**VIEW**), make sure you are using the soft, flat pads of your fingers, not the tips of your fingers.
4. Touch gently with enough pressure to activate the heart sensor button (**VIEW**). Pressing too hard can make it difficult to measure your heart rate.
5. Make sure the back metal plate is lying flat on your skin.
6. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.

- Clean the heart sensor button (**VIEW**) and back metal plate with a mild soap and water, or similar cleaning solution.
- Moisten with water the pads of the fingers you are using to contact the heart sensor button (**VIEW**).
- Moisten with water the surface between the back metal plate and the skin on your wrist.

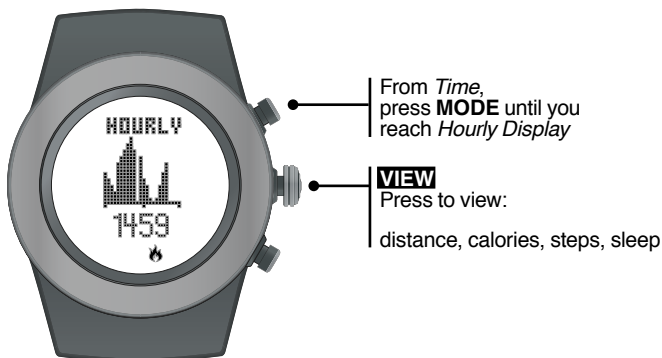
Inactivity Alert

Helps motivate with alerts if you have been inactive.



Hourly Display

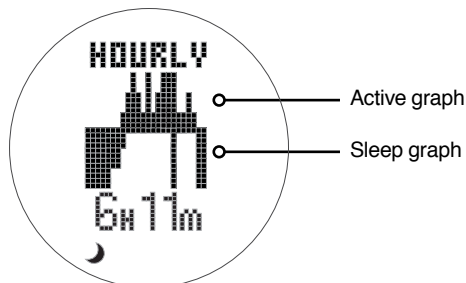
Shows your progress throughout the day with a 24-hour graph. The bars are scaled to fit the data from the 24-hour period.



The hourly actigraphy view provides a summary of your sleep and activity levels.

Active: Displays your activity levels while awake. Bars represent three categories: Normal, Active and Very Active.

Sleep: Displays your sleep levels. Bars represent three categories: Light, Medium and Deep Sleep.

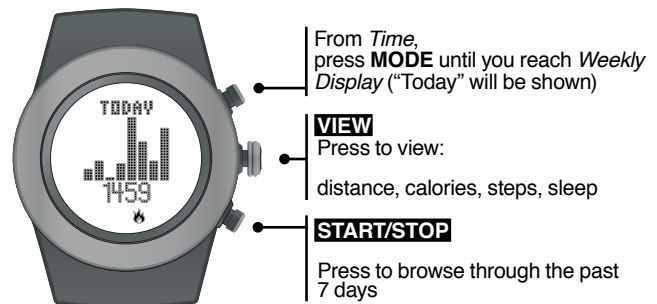


NOTE: The hourly actigraphy can only be seen when viewing sleep data.

Weekly Display

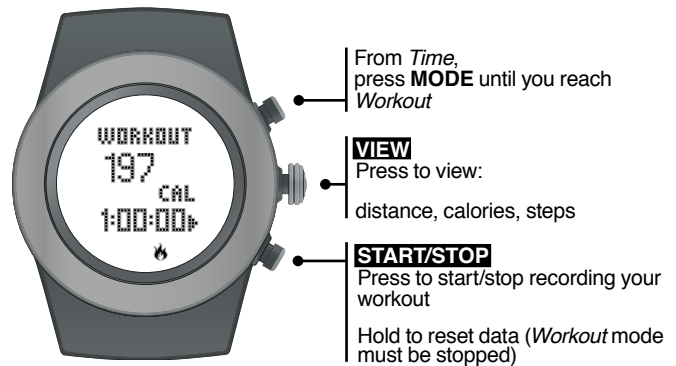
Shows your results for the past 7 days. The bars are scaled to fit the data from the past week.

NOTE: If you want to see more than 7 days, use the LifeTrak app to see trends and insights over weeks, months and years.

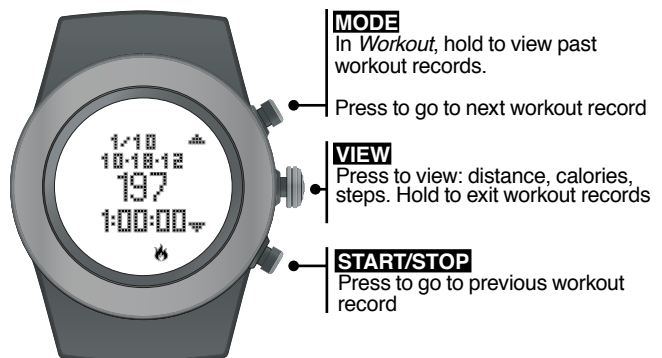


Workout Mode

Records data from an individual workout.



After resetting your workout data, it will be saved automatically. You can view the last 10 workouts recorded



All-Day Calorie

Your life tracker provides a more comprehensive calorie count by factoring in calories burned through everyday living, in addition to exercise and activity. This is a great tool to compare against your daily calorie intake!

It also provides a more accurate calorie count by calculating in your heart rate readings. So remember to get your heart rate throughout the day and more frequently during your exercise.

Helpful Hints

- Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie tracker accounts for these calories burned.
- You will see calories burned even when you're not wearing your life tracker. This is normal as it is gauging the calories your body typically burns throughout the day.

Dynamic Distance Calibration

For a more accurate distance, your life tracker adjusts your stride length based on how fast you are walking or running.

Helpful Hints

If you are having difficulty acquiring your steps, try the following:

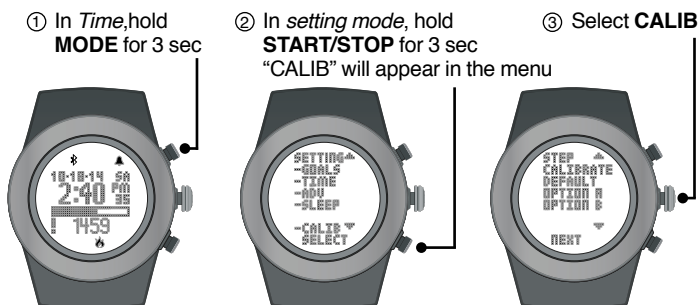
1. Take 30 - 40 steps before checking your step count.
2. If your steps and/or distance data are being over or undercounted, try adjusting the calibration settings (see next section).

NOTE: Step count is determined by actual steps. Arm motion can affect this count.

Step/Distance Calibration Setting

The calibrations are already programmed with ideal settings. But if you must adjust it, there is a setting option you can access.

Step Calibration Setting



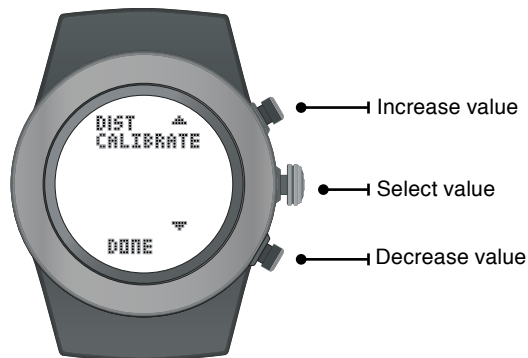
Default: Optimal setting for most people and conditions. This is the recommended setting.

Option A: For those with low impact movements (e.g., person who treads lightly on their feet).

Option B: For those with high impact movements (e.g., person who treads heavily on their feet).

Distance Calibration Setting

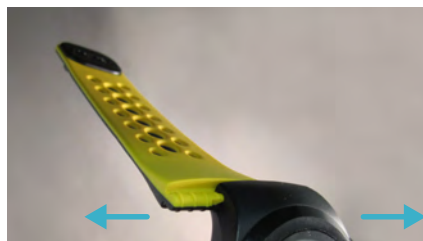
After selecting one of the three options (Default, Option A or Option B), you will also be able to adjust the distance calibration, if desired. Calibration range is from -25% to +25%.



How to Change Your Bands

The bands of your life tracker are reversible and replaceable:

1. Carefully slide the bands off the case. The bands can slide in either direction.



Actual model may vary from images shown.

2. On the short band (top band), remove the Clasp plate by pulling up and away from the band.



3. Place the Clasp on the reverse side of the band into the two holes. Press firmly around the two holes to secure the Clasp. You may hear it snap in place.

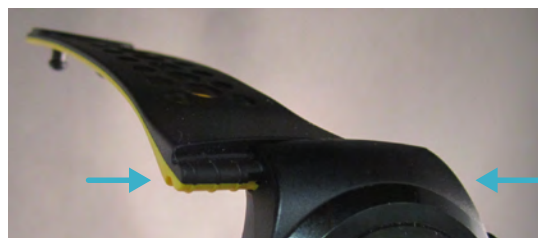
Make sure the base of the Clasp pins are fully secured into the band (see image below).



4. For a more refined fit, the Clasp can be rotated before placing into the band.



5. Carefully slide the bands back onto the case. The bands can slide in either direction.



Care & Maintenance

The buttons are not intended for use in or under water as this may cause water leakage.

Avoid rough usage or severe impacts.

Keep the heart sensor button (**VIEW**) and back metal plate free from dirt, oils, or other contaminants.

Periodically clean using a soft cloth with mild soap and water, or similar cleaning solution.

Keep out of extreme heat or cold.

Do not expose to intense direct sunlight for long periods of time.

Do not expose to chemicals such as gasoline, alcohol, or solvents.

Battery

See the replace battery video on www.lifetrakusa.com for more detailed info. Removing the band may make replacing your battery easier to do.

Battery replacement should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate
- The message LOW BATT shows up

The battery life will vary depending on usage. It is typically 6 months under these conditions average daily conditions:

- Linked to your smartphone or tablet, via Bluetooth, for 12 hours.
- Searching for your smartphone or tablet, via Bluetooth, 1 hour.
- 20 notifications received.
- Backlight used once for 3 seconds.
- Gentle vibrating alarm activates for a total of 15 seconds.
- You synchronize your fitness data to your smartphone or tablet once per day.
- Heart rate, steps, distance calories, LightTrak and SleepTrak: unlimited.

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

Your life tracker uses one (1) standard lithium replacement battery: **CR2032**

Replacing the Battery

NOTE: Removing the battery will erase all settings and data from your life tracker.

1. Remove the four screws from the back cover and carefully lift it off.



2. Using your fingers (or a fine-point tweezer or similar tool), carefully pull back the tab away from the battery. The battery should pop up or out.

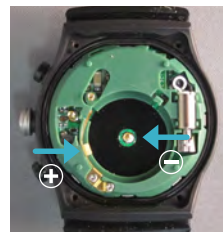


NOTE: Be careful not to move the rubber water seal in the compartment. Also, be careful not to pull watch module out of the case.

3. Before inserting a new battery, you will need to discharge any remaining power in your life tracker.

To do this, take a small metal object (e.g., coin) and touch the positive (+) and negative (-) contact points at the same time. The negative contact point is a spring.

Don't worry, you will NOT get shocked.



NOTE: If, for any reason, the new battery touches the contact points and is removed (i.e., installed and then taken out), Step 3 must be repeated.

4. Install the new battery with the positive (+) side facing up.
5. Replace the back cover and the four screws.

NOTE: Make sure the rubber water seal is seated correctly in the battery compartment before putting the back cover on.

Power Save Screen

To conserve the battery, the screen will shut off after 30 minutes of inactivity. Only current time and the message "Shake Me" will be displayed.

To turn your screen on, simply shake it or press any button.



Master Reset

To perform a master reset and clear all data, hold together for 3 seconds **MODE + START/STOP + VIEW**. Your life tracker will reset and turn off.

To activate again, press and hold any button.

NOTE: A master reset will clear all data, settings and history records.

Patent

Your life tracker and heart rate technology are a result of, and protected by, the following patents:

US: 5,738,104 & 5,876,350
Europe: EPO 0861045B1

Limited One (1) Year Warranty

Your life tracker is warranted for a period of one (1) year from the date of purchase from an authorized retailer.

If defective, return it with the original receipt, or copy, to your original retailer or to LifeTrak for a replacement.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

Compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IC: This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe Best conforme à la norme NMB-003 du Canada.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

DECLARATION DE CONFORMITE D'INDUSTRIE CANADA
Ce périphérique a été testé et reconnu conforme aux limites spécifiées dans RSS-210.

Son utilisation est soumise aux deux conditions suivantes:

1. il ne doit pas provoquer d'interférences gênantes et
2. il doit tolérer les interférences reçues, notamment celles susceptibles d'en perturber le fonctionnement.

Limitations

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by LifeTrak, its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. LifeTrak shall not be liable for incidental or consequential damages resulting from the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

Disclaimer

Your life tracker is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your life tracker may vary slightly from those described in this guide. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

Specifications

Workout

Chronograph range: 9 hr, 59 min, 59 sec
Step/Goal range: 0 - 99,999 steps
Calorie/Goal range: 0 - 99,999
Distance/Goal range: 621.3 mi / 999.9 km

Sleep

Sleep/Goal range: 1 hr 00 min - 14 hr 50 min

History

Memory: 20-day memory storage, most recent 7 days viewable on wrist

Heart Rate

Heart rate range: 30 - 240 BPM

Time

AM, PM, hour, minute, seconds
12/24 hr format
Calendar: month, day, date (w/auto leap year adjustment)

Advanced Setup

Age range: 5 - 99
Height range: 40 - 84 in / 100 - 220 cm
Weight range: 44 - 440 lb / 20 - 200 kg

Other

Backlight
Water resistant up to 30 meters / 90 feet

Contact

support@LifeTrakUSA.com
www.LifeTrakUSA.com
1-855-903-9030

LifeTrak
39962 Cedar Blvd, Ste 285
Newark, CA 94560

For additional band colors, accessories and other innovative products, visit us at **LifeTrakUSA.com**.

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